

## AUTHOR OF WAR STORY VISITOR IN ROCK ISLAND

Hervey Smith McCowan Wrote Story Read by Thousands of American Soldiers.

Hervey Smith McCowan, whose story, "The Nurse and the Knight," has made him known to thousands of soldiers to whom the story was distributed by war workers, and whose books are known and loved by nearly all Y. M. C. A. members and by men and boys everywhere, was in Rock Island for a brief half day this morning.

Mr. McCowan is here in the interest of his new book just published, "The Golden Key," which deals with education and character building. He visited the Y. M. C. A., in the service of which he is vitally interested, and read his recent publication to the secretaries.

"The Young Men's and Young Women's Christian associations are the most valuable moral institutions in any city," Mr. McCowan said, "and I do not even except the churches."

"One of the most valuable traits that young people can cultivate," he said, "is the simple acquisition of the ability to meet and mingle with others, and to approach strangers with a friendly, cordial, yet not unduly intimate manner." He is greatly interested in young people, particularly young men, and for them most of his books have been written.

**Actual Experiences.**  
"The Nurse and the Knight" was written from the actual account of her experiences given Mr. McCowan by a Red Cross nurse who was at the front. More than a million and a half copies of this story were given out by the Y. M. C. A. and other workers to the boys over there.

"The Trail the Boy Travels" is one of the books used by the Y. M. C. A. and "Guests of the House," a later book, is a commercial story for girls.

### EIGHT HOURS OF SLEEP REQUIRED FOR EACH ADULT

An adult should spend about one-third of each day in restful, natural sleep. Some individuals need more than others. Eight hours is the average requirement. Too little sleep is quickly shown by the pale face, dull eyes, irritable temper, lack of concentration, and loss of efficiency. Too much sleep is disastrous. The brain becomes sluggish and the complexion, constipation occurs, the functions of the kidneys are disturbed, and a weakened circulation results. An anemic individual is likely to require more sleep than the normal.

When awake, the fatigue products of muscle and nerve accumulate faster than eliminated and tissue wear is greater than repair. In sleep the reverse is true—constructive processes go on in all the cells of the body, which is thus restored and refreshed.

During sleep the respiration is slowed. The blood pressure is lowered. The heart rate decreases from six to eight beats per minute—a reduction of approximately three to four thousand contractions for eight hours of sleep. Cellular repair takes place. Final products of metabolism are formed and excretion through the sweat glands and kidneys is more active and secretion is diminished.

As oxidation plays a large part in ridding the body of accumulated poisons, ventilation is very important. The windows should be kept open at night, even in winter. There is no danger from an overdose of fresh air. Care should be taken not to have a current of air blowing in over the face, nor too strong a draft across the bed.

The bed covering which combines the greatest warmth with the lightest weight is a down quilt, but for general use woolen blankets are excellent. Two thin blankets are warmer than a single thick one of the same weight, on account of the air space between them. The pillow should be small, as a large one holds the head in an unnatural position which hinders the free circulation of blood.

The more nearly straight and horizontal the body is in sleep, the more perfect will be the relaxation and rest. A good mattress is preferable to a feather bed. Night is the best time to sleep because it is quiet, cool, and dark. Noise and light stimulate the brain; heat produces wakefulness by causing discomfort. Sleep is most refreshing and soundest around midnight.

### PROPERTY HOLDERS' NOTICE.

General, No. 508.  
Notice is hereby given to all persons interested, that the council of the city of Rock Island, Ill., having ordered the paving with asphaltic concrete of Eighteenth avenue from Thirty-eighth street to Forty-fourth street, and an ordinance for the same being on file in the office of the city clerk of said city, and said city having applied to the county court of Rock Island county, Ill., for an assessment of the cost of said improvement according to frontage, said assessment being payable in nine installments, each bearing interest at the rate of 5 per cent per annum, and an assessment therefore having been made and returned to said court, the final hearing thereon will be had on the 29th day of November, A. D., 1919, at the hour of 9 o'clock a. m., or as soon thereafter as the business of the court will permit.

All persons desiring may file objections in said court, before said day and may appear on the hearing and make their defense.

Dated at Rock Island, Ill., Nov. 14, 1919.

JOHN V. WELLS,  
Officer Appointed to Make the Assessment.

## NATION WIDE HUNT FOR RIPE OLIVES IS UNDER WAY, FOLLOWING POISON CASES



Destroying stocks of ripe olives at Detroit.

Following the recent tragedy at Grosse Point, Mich., when five persons died as the result of eating ripe olives, and other similar tragedies, agents of the department of agriculture are scouring the country for ripe olives, destroying all of one brand and examining others. In the Detroit district alone approximately 10,000 cans and bottles were found and destroyed. The photo shows a wagon load of them being thrown on the dump.

### NEW METAL FOR SUBSTITUTE FOR PLATINUM FOUND

A new metal alloy that can be substituted for platinum or gold where acid resisting metals are required has been discovered by Professor S. W. Parr of the department of chemistry of the University of Illinois. The new alloy, which Professor Parr has named "Illum" in honor of the university, costs approximately 25 cents an ounce, whereas the cost of platinum recently was \$140 an ounce and gold \$40 an ounce.

The first mixture of Illum was made in April, 1917. This was not

entirely satisfactory but early in the next year a 50 per cent standard of success was obtained. Now a piece of the metal has been kept in acid for six months while the acid has been made hot and cold, dilute and concentrated, and the metal has shown no sign of change.

"There has been a contest among chemists to discover a cheap alloy that would not corrode," Professor Parr said, "and big advances were made in this line during the war. Many chemical experiments require vessels which will stand up under acids and heretofore platinum and gold have been the only metals that would meet these requirements. Their purchase price has become prohibitive for experimental purposes; hence the effort to find a substitute."

### In Purchasing a Ring

It is not so much a matter of price as in getting something that is always going to look well; that is neat in design, nicely finished, and really GOOD. We have really handsome rings in stock and at prices that will astonish you. They are rings that are suitable for any and all occasions.

RINGS for yourself that you will be proud to own, and yet the cost is not near what you may think. Every woman takes pride in dressing her hands prettily with attractive jewelry. Remember, we are out of the high rent district.

"A LITTLE PARTNER, BUT IT PAYS"

**Otto Guhl**  
JEWELER  
ROCK ISLAND  
Safety Bldg.

## AUTOS FIGURE IN SMASHUP ON FIFTH AVENUE

No One Injured in Accident Which Smashed Two Automobiles to Piles of Junk.

Two automobiles came together at Twenty-fourth street and Fifth avenue about 8:45 o'clock last night, and as a result were both wrecked nearly beyond repair. A taxicab owned by William Gable, proprietor of a taxi company, and driven by Mike Hamman, and a Standard touring car, owned and operated by O. R. Aslund of Orion, collided at the intersection. Aslund was on his way into the residence district, having just come from the bridge, and was proceeding south on Twenty-fourth street. Hamman was driving his car from the east on Fifth avenue. Both were going at a fast rate of speed, witnesses said. At the intersection the cars came together with terrific force. Neither of the men were injured and there were no passengers in either car. Each Damaged.  
No estimate of the damage done.

## OSTROM GIVEN MAJOR RANK IN RESERVE CORPS

Physician Discharged as Captain Had at That Time Been Recommended for His Majesty.

Dr. Louis Ostrom, Rock Island specialist, has been commissioned major in the medical reserve corps of the United States army. He received the commission today. It is in recognition of the meritorious service rendered by him in the world war, 10 months of his service having been with the American expeditionary forces in France and with the army of occupation in Germany. Dr. Ostrom was one of the first to answer the call and while in the service held nominally the rank of captain but was due for a promotion for some time previous to his discharge last July. He holds an excellent record. He is an advocate of universal military training.

## DOCKET SET FOR ENSUING WEEK OF CIRCUIT SESSION

The following cases are set for trial in the Rock Island circuit court for the week commencing Monday, Nov. 17:

Monday—O. J. Clarridge versus Bert DuPres, et al.; Alonzo H. Karwath versus Bert DuPres, et al.; J. A. Craig versus Bert DuPres, et al.; Argillo works versus Joseph E. Ed, doing business as builders material and supply company; Francis M. Walsh versus Walter H. Breedlove; Henry J. Schmidt versus S. Griffin Ball.  
Thursday—Swan P. Munson versus Estate of Bengt Munson.  
Friday—Saria W. Bailey, et al. versus Otto H. Anderson; Charles L. Wells versus Molina, Rock Island & Eastern Traction company, et al.; Allen, Myers & Co. versus Zimmerman Steel company.  
NON-PARTISANS MEET DEC. 9.  
Fargo, N. D., Nov. 14.—The annual meeting of the national committee of the non-partisan league will be held in St. Paul, Dec. 9. It was announced here today.

## GATELY'S RENDERS AN INTELLIGENT CREDIT SERVICE THAT APPEALS TO INTELLIGENT PEOPLE.

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The children love bread spread with Ko-Ko. Father says: "That's splendid"; and mother finds it splendid for cooking.  
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If you fail to find a skirt to fit you, Gately's have your size. We have a wonderful selection of skirts, up to a 40 waist, many styles and materials to choose from, prices from \$8.75 to \$15.00.

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The Store Where Courtesy Makes Shopping a Pleasure

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MOBILE Phone R. I. 2347  
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